

## Spotlight on Josh Wylie

CITP Group Member

*How did you become involved in ITP?*

Back in 2003 I heard Michael Murphy speak at an evening program put on by CITP. It coincided with the beginning of a new cycle and I was invited to join. ITP was a really good fit for me at that time because I had been reading Michael's book *The Future of the Body* and material on affirmations, which interested me as a kind of antidote or contradiction to entrenched negative beliefs.

*Why is ITP important to you?*

ITP has been an important part of my overall routine, both daily and weekly. The Kata is a way of grounding and returning me to the present moment and affirming what I want to cultivate in my life. The weekly CITP group is where I share in the mutual support of community.



*Will you share a story about how something you've learned through ITP made a big difference in your life or led you to take some major steps in your life?*

I had an epiphany during a group exercise. We were working on goals and the obstacles that get in the way. Suddenly, I realized that I'd spent a good deal of my life putting time and energy into things that I cared little about out of an unconscious commitment to avoid failure at what I really cared about. This sobering realization ultimately led me back to school to finish a BA and then a Masters degree and many hours as an intern to get my license as a Marriage and Family Therapist. The process took over nine years. My ITP practice and community sustained me throughout that process.

*What do you do when you meet resistance with your practice?*

When I meet resistance, I do a grounding exercise to return to the present moment, to my breath, to the simplicity of being with what is. From there I can get some space from whatever negative belief is running me. One thing I've always adhered to is the "just show up" mantra. So the combination of showing up for my own practice and showing up for the community practice builds momentum.

*Tell us about one of your most powerful affirmations.*

One of my key affirmations was, "I have a job that I love, for which I am well paid." So, 9 years later here I am!

*Is there anything you'd like to say to the ITP community?*

One of the things I like about the Kata is that it kind of does itself. For me, the less talk and embellishment the better. Just the movements and dropping in.

My favorite part of the Kata is the deep relaxation section where you systematically go through and relax all parts of your body. It's then that I feel the deepest connection and peace with myself and the universe. And it's from that place that I can allow the affirmations to sink in. I try to sustain that sense of serenity as I say my affirmations and meditate, and then carry it into the day.